

CARE & SUPPORT

# PROGRAM CALENDAR

July - September 2021

**Featuring:**

Free classes and caregiver education you can take from the comfort and safety of your own home.



Programs continue virtually, in-person options to be announced soon. Offices reopening on August 2nd!



**NEW FREE CLASS!**

## LIVING WITH ALZHEIMER'S FOR CAREGIVERS

A series of education programs addressing questions that arise in the early, middle and late stages of the disease. Learn what you need to know, what to plan and what to do along the way.

**Program covers:**

- Early-stage Alzheimer's disease
- Middle-stage Alzheimer's disease
- Late-stage Alzheimer's disease

For Registration and more Information: [nmprograms@alz.org](mailto:nmprograms@alz.org) or 1 (800) 272-3900.



**CARING FOR SOMEONE WITH ALZHEIMER'S ISN'T EASY. EXPLORE OUR...**

## SUPPORT GROUPS

Support groups can provide an important sense of connection and peace of mind by providing an opportunity for caregivers to share common experiences in a safe environment. Early stage groups provide the same opportunity for those living with the disease.

**Visit:** [https://www.alz.org/newmexico/helping\\_you/support\\_groups\\_\(1\)](https://www.alz.org/newmexico/helping_you/support_groups_(1))



# NM Chapter virtual classes

July - September 2021

## JULY

### **Effective Communication Strategies**

Tuesday, July 6th, 10:30am-11am

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Understanding Alzheimer's and Dementia**

Tuesday, July 6th, 1pm-2pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers- Late Stage**

Tuesday, July 6th, 2pm-4:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Wednesday, July 7th, 2:30pm- 5pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Thursday, July 8th, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Tuesday, July 13th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Effective Communication Strategies**

Tuesday, July 13th, 2pm-2:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Wednesday, July 14th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **10 Warning Signs of Alzheimer's**

Tuesday, July 20th, 10am-11am

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Healthy Living for Brain and Body**

Tuesday, July 20th, 12pm-1pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Wednesday, July 21st, 1pm-3:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **10 Warning Signs of Alzheimer's**

Thursday, July 22nd, 12pm-1pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Thursday, July 22nd, 1pm-3:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Wednesday, July 29th, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

## AUGUST

### **Understanding Alzheimer's and Dementia**

Tuesday, August 3rd, 2pm-3pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Effective Communication Strategies**

Wednesday, August 4th, 10:30am-11am

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **10 Warning Signs of Alzheimer's**

Thursday, August 5th, 10:30am-11am

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Thursday, August 5th, 2pm-4:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Late Stage**

Tuesday, August 10th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **10 Warning Signs of Alzheimer's**

Tuesday, August 10th, 12pm-1pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Tuesday, August 10th, 3pm-5:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Wednesday, August 11th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Late Stage**

Thursday, August 12th, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Late Stage**

Tuesday, August 17th, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Wednesday, August 18th, 1pm-3:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Understanding Dementia Behaviors**

Wednesday, August 18th, 2pm-3pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Healthy Living for Brain and Body**

Wednesday, August 25th, 3pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Thursday, August 26th, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.



## CLASS KEY

### **Living With Alzheimer's for Caregivers**

Educational series addressing questions that arise in the early, middle and late stages of the disease.

### **Understanding Alzheimer's and Dementia**

Learn about the impact of the disease, the difference between Alzheimer's and dementia, and the latest in research and resources.

### **10 Warning Signs of Alzheimer's**

Recognize common signs of the disease and know what to watch for.

### **Effective Communication Strategies**

Learn to decode changes in behavior to better connect and communicate with individuals living with dementia.

## SEPTEMBER

### **Understanding Alzheimer's and Dementia**

Wednesday, September 1st, 10am-11am

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Dementia Conversations**

Wednesday, September 1st, 10:30am-11am

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Thursday, September 2nd, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Tuesday, September 7th, 1pm-3:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Middle Stage**

Wednesday, September 8th, 1pm-3:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers- Early Stage**

Friday, September 10th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Late Stage**

Saturday, September 11th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Early Stage**

Tuesday, September 14th, 10am-12:30pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Dementia Conversations**

Tuesday, September 14th, 5pm-6pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Late Stage**

Wednesday, September 15th, 10am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Understanding Alzheimer's and Dementia**

Saturday, September 18th, 11am-12pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Effective Communication Strategies**

Thursday, September 23rd, 4pm-5pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **10 Warning Signs of Alzheimer's**

Saturday, September 25th, 12pm-1pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

### **Living with Alzheimer's for Caregivers-Late Stage**

Thursday, September 30th, 2pm-4pm

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

## Care & Support Contacts:

### CENTRAL NM REGION (ALBUQUERQUE AREA):

Ron D. Eppes, Program Director

[rdeppes@alz.org](mailto:rdeppes@alz.org), 505-404-9837

6731 Academy RD. NE, Albuquerque, NM 87109

(Vacant), Program Specialist

6731 Academy RD. NE, Albuquerque, NM 87109

### SOUTHWEST REGION:

Alexis Ramirez, Programs Volunteer  
Manager

[alamirez@alz.org](mailto:alamirez@alz.org), (505) 373-0896

141 Roadrunner Parkway, Suite 133

Las Cruces, NM 88011

### NORTHEAST REGION:

Beth Hamilton, NE Regional Manager

[behamilton@alz.org](mailto:behamilton@alz.org), (505) 365-0678

1409 Luisa St., Suite F, Santa Fe, NM 87505

### SOUTHEAST REGION:

Paul Moore, SE Regional Manager

[ptmoore@alz.org](mailto:ptmoore@alz.org), (505) 317-0978

Sunwest Centre Office Complex

500 N. Main, Suite 501, Roswell, NM 88201

### NORTHWEST REGION:

Tori Rohrer, NW Regional Manager

[tlrohrer@alz.org](mailto:tlrohrer@alz.org), (505) 278-7927

3300 N. Butler Avenue, Suite 221

Farmington, NM 87401

*Many additional programs are being offered online and in-person (to be announced in the coming weeks) – including support groups, community education programs and family care consultations. For the latest updates, please email [nmprograms@alz.org](mailto:nmprograms@alz.org), call 1 (800) 272-3900 or visit [alz.org/newmexico](http://alz.org/newmexico).*

## New Mexico Chapter

ALZHEIMER'S DISEASE &  
RELATED DISORDER ASSOCIATION, INC.  
NEW MEXICO CHAPTER:

PO Box 21400

Albuquerque, NM 87154

Phone: (505) 266-4473

24/7 HELPLINE - 1 (800) 272-3900



# NEED A BREAK?

Caring for a loved one with dementia can be overwhelming. Learn more about our Respite Reimbursement Program that helps family caregivers take a much-needed break by reimbursing some costs of respite services. This program is dependent on grant funding and reimbursements are available pending fund availability.

Contact Lorey Esquibel, Operations Director by calling  
(505) 266-4473 or email [lesquibel@alz.org](mailto:lesquibel@alz.org).



Now more than ever,  
we need your support.

Please donate by visiting

[https://act.alz.org/site/Donation2?df\\_id=32112&32112.donation=form1](https://act.alz.org/site/Donation2?df_id=32112&32112.donation=form1)



## WHERE THERE'S A WALK, THERE'S A WAY.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. It's time to add your flower to the fight.

Join us at [act.alz.org/nmwalk](http://act.alz.org/nmwalk) or find your local NM Walk below.

- NW Regional Walk in Gallup 9/18 [act.alz.org/walkgallup](http://act.alz.org/walkgallup)
- NW Regional Walk in Farmington 9/25 [act.alz.org/walkfarmingtonnm](http://act.alz.org/walkfarmingtonnm)
- SE Regional Walk in Hobbs 9/25 [act.alz.org/walkhobbs](http://act.alz.org/walkhobbs)
- NE Regional Walk in Santa Fe 10/2 [act.alz.org/walksantafe](http://act.alz.org/walksantafe)
- SW Regional Walk in Las Cruces 10/2 [act.alz.org/walklascruces](http://act.alz.org/walklascruces)
- Central NM Walk in Albuquerque 10/9 [act.alz.org/walkabq](http://act.alz.org/walkabq)
- SE Regional Walk in Roswell 10/23 [act.alz.org/walkroswell](http://act.alz.org/walkroswell)



[alz.org/newmexico](http://alz.org/newmexico)

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### OUR MISSION:

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

### OUR VISION:

A world without Alzheimer's and all other dementia.

### HEALTH MEASURES:

Though we are continuing to work remotely due to the pandemic, we expect our physical offices to be reopening on August 2nd, 2021. Please call for details regarding safety guidelines (505) 266-4473.

### NEED HELP NOW? CALL OUR 24/7 HELPLINE 1 (800) 272-3900.

Receive reliable information, advice and support from trained, knowledgeable staff. Get referrals to services, education, crisis assistance and emotional support. Care consultations available by master's-level clinicians. Translation services provided.






### ADVOCACY:

Our advocates play a critical role in our efforts to influence Alzheimer's and dementia policy at the federal and state level. Working together we are making an impact that is improving the lives of caregivers and people with Alzheimer's and dementia. Learn more about our advocacy here: [alz.org/get-involved-now/advocate/become\\_an\\_advocate](http://alz.org/get-involved-now/advocate/become_an_advocate)

Check out our website at  
[www.alz.org/newmexico](http://www.alz.org/newmexico)

USE THESE HASHTAGS WHEN  
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• #ENDALZ • #Walk2EndAlz

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-  [www.instagram.com/alznm\\_](http://www.instagram.com/alznm_)
-  [www.linkedin.com/company/alzheimer-s-association-new-mexico-chapter](http://www.linkedin.com/company/alzheimer-s-association-new-mexico-chapter)